

ADJUSTMENT COUNSELING

SERVICE DESCRIPTION:

Adjustment counseling services are brief, skilled therapeutic face-to-face interventions provided to the client/family to address specific goals related to the experience of adjusting to the effects of Traumatic Brain Injury (TBI). This service may be provided to an individual, an individual and key family/significant other, or in a group/peer format. If counseling is provided in a group, each client must have an individualized treatment plan consistent with the Special Health Care Needs (SHCN) Service Plan.

Emphasis for this service is on coping with grief and adjustment issues related to loss of function and adjustment to changes required in family/life roles due to the TBI. Counselors may make referrals for medical management of specific behaviors that interfere with function; however, such medical management is not included in this service. Therapy must be adapted to the cultural, ethnic, linguistic and communication background of the client and family.

Therapeutic intervention must be related to specific goals in the individual's SHCN Service Plan.

SERVICE LIMITATIONS:

This service:

- **Is limited to 26 one-hour sessions per lifetime.** The initial treatment plan shall contain recommendations regarding the schedule of therapeutic sessions;
- Is not appropriate for persons with pre-injury psychiatric diagnoses or to provide therapeutic intervention for chronic psychiatric issues. The Adult Head Injury (AHI) Service Coordinator will refer such individuals to other mental health services, and will arrange for a resource person knowledgeable about TBI to assist their agency staff;
- Is not designed to address long-term secondary conditions, such as substance abuse. The AHI Service Coordinator will refer such individuals to other mental health services, and will arrange for a resource person knowledgeable about TBI to assist the mental health agency's staff; and
- Cannot be billed for clients currently receiving counseling as a component of another service the client receives through AHI Program or other state agency.

PROVIDER REQUIREMENTS:

The Provider must:

- Have a Department of Health and Senior Services (DHSS) Provider Participation Agreement for the provision of counseling;
- Be licensed as a Psychologist, Social Worker, or Professional Counselor within the State of Missouri; and
- Have either:
 - 1) One year experience in counseling with persons/families whose lives have been affected by TBI; **or**
 - 2) 15 hours of in-service training addressing the following:

- Characteristics of TBI;
- Family grief responses to TBI;
- Behavioral techniques effective for persons with TBI;
- Compensatory strategies effective for persons with TBI; and
- General knowledge of TBI programs.

<u>Psychologist</u>	UNIT OF SERVICE	REIMBURSEMENT RATE
INDIVIDUAL:	1/4 HOUR	\$18.00
GROUP:	1/4 HOUR	\$ 9.00
<u>Social Work</u>	UNIT OF SERVICE	REIMBURSEMENT RATE
INDIVIDUAL:	1/4 HOUR	\$16.00
GROUP:	1/4 HOUR	\$ 8.00
<u>Licensed Professional Counselor (LPC)</u>	UNIT OF SERVICE	REIMBURSEMENT RATE
INDIVIDUAL:	1/4 HOUR	\$16.00
GROUP:	1/4 HOUR	\$ 8.00

SERVICE PRODUCT:

- Written detailed, individualized assessment of TBI related issues that include a thorough review of all assessment and treatment records to date.
- Assessment report must contain recommendations for:
 - Brief therapeutic intervention;
 - Methods/strategies to be implemented;
 - Persons to be included in therapy;
 - Proposed schedule;
 - Potential community resources for long-term follow-up and expected outcome with timeframe for accomplishment;
 - Ongoing assessment of client progress must be reported monthly to the AHI Service Coordinator, and
 - A monthly progress report to the AHI Service Coordinator indicating the client and/or family's functional changes in ability to cope with changes due to TBI during the period, successful coping strategies identified, barriers to acquisition of coping strategies, potential indicators for future counseling intervention/mental health services.

NOTE: Refer to the Treatment Plan and Progress Report.

DOCUMENTATION REQUIREMENTS:

Providers must retain for three years, from the date of service, fiscal and treatment records that coincide with and fully document services billed to DHSS, and must furnish or make the records available for inspection or audit by DHSS or its representative upon request. Failure to furnish, reveal, and retain adequate documentation for services billed to DHSS may result in recovery of the payments for those services not adequately documented and may result in sanctions to the Provider's participation in DHSS programs. This policy continues to apply in the event of the Provider's discontinuance as an actively participating DHSS Provider through change of ownership or any other circumstance.

REFERRAL INDICATORS:

Adjustment Counseling may be requested when:

- Client and/or family exhibit difficulty in adjusting to losses associated with TBI;
- Client demonstrates ability to perform abstract reasoning and has verbal processing skills necessary to benefit from counseling interventions; and
- Client and or family demonstrate ability to apply information learned within counseling sessions to daily life.

DESIRED OUTCOMES:

- Client/family report improved psychological functioning;
- Client/family demonstrate improved overall adjustment relative to residual effects of TBI; and
- Long-term follow up community resources have been identified for ongoing needs.